

What is H1N1?

This new influenza virus is also known as Swine Flu. It was first detected in human beings in the United States in April 2009. On June 11, the World Health Organization announced that a pandemic of the virus was underway.

Is it contagious?

The Centers for Disease Control has confirmed that the H1N1 virus is contagious and is being spread from human to human.

How is it spread?

The H1N1 virus is spread by the same methods as seasonal influenza — through airborne particles from sneezing and coughing, and from physical contact, either directly with an infected person or with contaminated surfaces.

What are the symptoms?

Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting. Severe illnesses and death have also occurred in rare cases in people with underlying medical conditions.

How long can an infected person spread the virus to others?

People infected with H1N1 may be able to infect others from 1 day before getting sick to 5–7 days after. This can be longer in some people, especially children or people with weakened immune systems.

Can I get infected with 2009 H1N1 virus from eating or preparing pork?

The 2009 H1N1 virus is not spread by food. You can't get infected with H1N1 virus from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Sources: www.cdc.gov/H1N1flu/
www.flu.gov

Reference Web Sites

www.flu.gov
www.opm.gov/pandemic
www.cdc.gov/H1N1flu/
<http://patients.about.com/od/patientempowermentissues/a/swineflu2009.htm>



How to Protect Yourself in the Workplace During a Pandemic

The best way to reduce the risk of becoming ill is to avoid all situations that increase the risk of exposure to someone who may be infected. The most obvious solution is to avoid crowded environments. Some other basic hygienic precautions are:

- ✓ Stay home if you are sick.
- ✓ Avoid touching your nose, mouth and eyes.
- ✓ Cover your coughs and sneezes with a tissue or cough and sneeze into your upper sleeve.
- ✓ Wash hands often and/or use sanitizer, especially after coughing, sneezing or blowing your nose.
- ✓ Avoid close contact with coworkers.

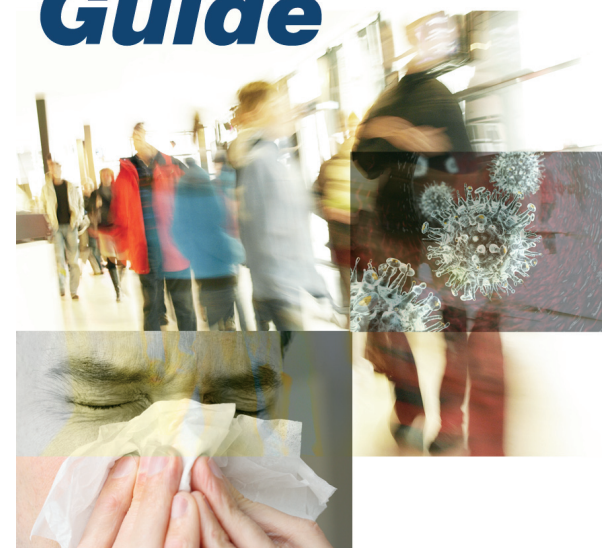


- ✓ Avoid shaking hands and always wash your hands after contact with others.
- ✓ If wearing gloves, always wash your hands after removing them.
- ✓ Keep frequently touched common

surfaces clean. Try not to use other workers' phones, desks, computers and equipment.

- ✓ Minimize group meetings; use emails, phones and text messaging.
- ✓ Limit unnecessary visitors to the workplace.
- ✓ Maintain a healthy lifestyle — pay attention to rest, diet, exercise and relaxation.

H1N1 Guide



FEMA Region VIII employees and families,

Much effort has gone into preparing FEMA Region VIII for the H1N1 flu virus, and I appreciate everyone's effort and hard work. The more resilient we make our region by taking the necessary steps to protect ourselves and our families, the more ready we will be to accomplish our mission in supporting our state and tribal partners. This guide contains information that we hope you will find helpful and is part of our initiative to get the facts out about H1N1.

Sincerely,

Douglas A. Gore
Acting Regional Administrator
FEMA Region VIII



FEMA

Facts About H1N1

1. There is no cause for panic. So far, H1N1 is no more threatening than regular seasonal flu. However, more people seem to be susceptible to H1N1.
2. H1N1 is more dangerous to some groups: children under 2, pregnant women, people with conditions such as asthma, diabetes and heart disease, and teens and young adults. On the other hand, older people seem to be less at risk from H1N1.
3. Certain groups of people should get vaccinated as soon as possible: persons 6 months to 24 years old, pregnant women, health care workers, parents and caregivers of infants less than six months of age, and people with high-risk medical conditions 24–64 years old.
4. A vaccine is being developed and tested by the manufacturers and the federal government. The vaccine is expected to be available in mid-October 2009.

Sources: www.cdc.gov/H1N1flu/
www.flu.gov



Prevention and Treatment

- ✓ The Centers for Disease Control recommends the use of — oseltamivir (Tamiflu®) or zanamivir (Relenza®) — to help reduce the severity of flu symptoms. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. Antiviral drugs work best if started within 48 hours of the onset of symptoms.
- ✓ In addition to the steps listed by the Occupational and Safety Health Administration (on the reverse side), here are some more recommendations:
 - If you are sick with flu-like symptoms, the Centers for Disease Control recommends that you stay home for at least 24 hours after your fever is gone.
 - Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
 - In case you get sick and must stay at home, prepare a supply of items such as over-the-counter medicines, alcohol-based hand sanitizers, tissues and other useful items.
 - If one of your family members is sick at home with the flu, you may go to work as usual. You should carefully monitor your own health. If you become ill you should notify your supervisor and stay home.



Sources: www.cdc.gov/H1N1flu/
www.flu.gov

Caring for a sick person at home

- ✓ Keep the sick person in a room separate from the common areas of the house.
- ✓ Sick persons should stay at home and keep away from others as much as possible.
- ✓ If possible, a sick person should use a separate bathroom.
- ✓ A sick person should not have visitors other than caregivers.
- ✓ If possible have only one adult in the home taking care of the sick person.
- ✓ Avoid having pregnant women care for the sick person.



- ✓ Avoid having sick family members care for infants and members of high-risk groups.
- ✓ All persons in the household should clean their hands frequently and thoroughly.
- ✓ When holding small children who are sick, place their chin on your shoulder so that they will not cough in your face.

Sources: www.cdc.gov/H1N1flu/
www.flu.gov

Warning signs that indicate urgent medical attention is required:

In Children:

- ✓ Fast breathing or trouble breathing
- ✓ Bluish or gray skin color
- ✓ Not drinking enough fluids
- ✓ Severe or persistent vomiting
- ✓ Not waking up or not interacting
- ✓ Being so irritable that the child does not want to be held
- ✓ Flu-like symptoms improve but then return with fever and worse cough

In Adults:

- ✓ Difficulty breathing or shortness of breath
- ✓ Pain or pressure in the chest or abdomen
- ✓ Sudden dizziness
- ✓ Confusion
- ✓ Severe or persistent vomiting
- ✓ Flu-like symptoms improve but then return with fever and worse cough

Sources: www.cdc.gov/H1N1flu/
www.flu.gov

FEMA Return to Work Policy

- If you are ill with H1N1, the agency anticipates your absence for 5–7 days or longer
- Return to work when you feel well enough to perform your functions without risk to your co-workers
- Keep your supervisor informed
- Region VIII uses a liberal episodic telework policy